



## *Welcome to the Fall-Spring 2023 season!*

**We want to thank you for choosing AIDC as your family to grow and learn the beautiful art of dance, acrobatics, and performing. We are excited to have a great year and are so happy you are joining us! This packet will give you all the initial information you need, but we will also be sending out emails when there are any upcoming performances as well as any other important information you will need throughout the season! If you have been with us before, you are familiar with our program, but we are continually making changes to provide the best education and program for you, so we ask that you please take a moment to acquaint yourself with the changes we have made this year.**

**If you are a newcomer, we want you to know that we are not just another dance studio. We offer dance classes for all ages, toddler through adult. We are dedicated to ensuring that every student reaches their full potential by maintaining the smallest size classes in the area with one-on-one attention to every dancer! You will never be lost in the shuffle; at AIDC your dancer will always be seen! We encourage all of our students to become well rounded artists by offering a wide variety of class styles! Each dance style is very different from the next and deserves its own time to give an appreciated and in-depth look into its core. We place high importance on the exercises used in the classroom to maintain a safe and healthy body throughout your entire dance life and beyond.**

**Because we want your child to have the absolute best, we maintain the most overall competitive price per student in the area while maintaining the highest quality, structured education, and standards, as well as unique creative choreography, and costuming! Using the proper training and techniques you will be involved in a physical activity that teaches hard work, dedication, responsibility, and independence while gaining confidence, experiencing how to work in a group atmosphere, and many other useful skills that can be used throughout life. Most importantly, we strive to teach our students the love and art of dance!**

**We have been a close family-owned business for over 45 years and offer high quality, experienced instruction at an affordable price. We have a combined teaching history of 63 years and are certified in First Aid/CPR through American Red Cross, Youth Protection Advocate In Dance, Heads Up! Concussions In Youth Sports, the United States All Star Federation, and are members of the Quad City Dance Network. We provide the important history of dance as well as keeping up with the newest techniques and cutting-edge choreography. Many of our former students have gone on to be professional actor/dancers, teachers, and owners of their own businesses in dance throughout the Midwest. Those who did not pursue a career in dance still had the experience of what can be achieved from dance lessons including self-confidence, discipline, focus, teamwork, following directions, rhythm, coordination, comfort in front of an audience, sportsmanship and so much more!**

## ***TO ALL PARENTS***

As a parent, your support is essential to your child! Getting them to all their classes, reading all the information sent out, making sure they are prepared and have everything that is required of them, encouraging them to practice at home (Be sure to make it fun for the younger ones!), and congratulating them on their achievements in the classroom and performance, etc. are all vital to your dancer's success and enjoyment of their journey in learning the art of dance! We value having a structured, focused classroom, therefore only the participating dancers and instructors will be allowed in the classroom, but on occasion, we may invite parents in to discuss what areas your child needs to work on at home. Dancers must attend classes regularly and practice at home to get the full experience needed to succeed in the classroom and be prepared for every performance! Just as a student missing school will fall behind, the same happens in dance class. Encourage them as they grow and perform (don't worry about technique corrections, we've got that handled!) It is important that the same interest AIDC has for the training of all students, be shared by their family. Our faculty is always available to discuss any questions you have, so please feel free to contact us via email or phone listed below, and we will set up a time to speak with you. We send out quarterly newsletters via email ([dancecenters@hotmail.com](mailto:dancecenters@hotmail.com)) to keep you updated on what is happening in the classroom, upcoming events, etc.; there will also be several separate emails dedicated to each event and any other important information. If your dancer has an impossible to miss conflict that will make them absent from class, arrive late, or leave early, parents must inform the studio via email as soon as you are notified of this conflict. Students may make up class on a different night in a similar level. If your dancer is sick, please send a text to the studio (**563-726-9924**) before class begins. If the dancer is unable to come into the classroom, but is still able to watch or participate, we will keep our ZOOM available, but we will need to be notified ahead of time. Dancers must bring their own water bottle to class; but if a dancer should run out of water before the night is over, we also sell bottles of water for 50 cents per bottle. No other food or flavored drink is allowed in the classroom. Phones should be either left at home or completely turned off and put in dance bags and must not be taken out until class is over. If a parent needs to contact us **in case of emergency** during class time, you may call the phone number listed above. Please visit our website [www.artisticintensitydancecompany.com](http://www.artisticintensitydancecompany.com) as well as our Facebook, Instagram and YouTube page to keep up with immediate information, find the link to your online account and view all other major information regarding our studio. Reading all information sent via email, text, social media, etc. is essential!

## ***PARKING***

When dropping your child off at AIDC, please enter the parking lot via Howell Street and turn left to park on the side **facing toward Locust Street**. If you are only pulling over to let your child out of the car, you may pull off to the side on Wilkes; otherwise, our landlords have asked us not to park on the street to respect our neighbors or the back of the building as that is staff area unless the rest of the lot is full. There are many businesses in our building, and we want to be respectful of them as well. Enter the building, in the front using the right set of blue doors (you will see our trophies displayed in our lobby!). Dancers must remove their shoes and then place them on the shoe shelf in the lobby before entering any classroom. Any other visitors needing to enter the classrooms, must remove shoes and walk around the perimeter to avoid damaging our dance floor.

## ***HOW IS MY TUITION PAID?***

Your overall tuition for our school season is divided into monthly installments for your benefit! This means your tuition will remain the same each month and will not be pro-rated to accommodate shorter months, holidays, etc. Should classes need to be canceled due to bad weather an alternate class times will be offered by the individual instructors. All tuition will be paid directly through your online account with us. All payments are due **on the 20<sup>th</sup>** of each month prior to the start of that month (ex: September tuition will be due August 20<sup>th</sup>). On the 21st, a \$10 late fee will be added to any accounts that have not been paid, and an additional \$20 late fee will be added if it is more than 15 days late. No accounts will be carried over 60 days, dancers will be dismissed from the school. All late fees must be included at time of payment! (Price list is on Page 7).

## ***WHICH CLASS IS RIGHT FOR ME?***

All ages and aspects of dance and tumbling training and performing can be fulfilled here at AIDC! Our youngest students begin in our “First Steps” introductory program formatted specifically for ages 2 – 4 where they begin to understand the classroom setting and have fun learning how to move their bodies and play musical games! Our “Little Stars” program is for our 4 – 6-year-olds, in which they start learning separate styles of dance in Ballet, Tap and Tumbling! Next we also have our “Debut” program for our 7-10-year-old, where they get to take Ballet, Jazz, Tap and Tumbling, moving at a quicker pace and preparing them for our Leveled classes. Debut dancers are also welcomed to sign up for our Class 1 Hip Hop and Contemporary classes. After completion of these programs, the dancer is mentally and physically prepared to take a deeper focus on the formal dance forms, concentrating on technical execution, physical strength, rhythm, and artistry. We then begin separation into Levels which we call “Class”. For our levels, we have varying class times for each style of dance to ensure adequate time to give the respect each style deserves. For beginner students age 11 – 18, we have our “Intro to Dance” program to ensure they get a full understanding of beginning technique and rhythm before moving into leveled classes and for our Adults 18 and older we have 6-week dance and tumbling classes for all ages and ability levels to enjoy even if it is your 1<sup>st</sup> ever dance or tumbling class! All students will be placed in a level or program, where the instructor feels the student will succeed as they are progressing in each dance form. Students with previous experience at another school will be placed where our staff deems most appropriate to continue their training. Ballet, Jazz, Tap, and Tumbling are considered core classes where students begin to learn essential technique, safely execute skills, full body movement, coordination, directions, counting music, rhythm, flexibility, and strength. Our Hip Hop, Contemporary, Modern and Heels Class are more advanced classes that dancers enroll in addition to their core classes to further explore their artistry. Our Leaps/Turns and Flexibility classes are specifically made to concentrate on muscle development, proper execution, and further advance their skills. These classes don’t learn choreography, so there is more time to really improve and get extra help to transfer over to core classes. Our staff will find the appropriate place for your dancer, **where we know they will be challenged and will succeed!** See class descriptions on Page 8.

## ***HOW ARE LEVELS DETERMINED?***

Artistic Intensity has a unique approach to leveling our students. Our class level numbers do not determine a child’s worth as a student and performer. Our students advance in level by technique, ability, maturity, physical development, and readiness, rather than age. It is extremely important to us that we help every student get the education they need to be successful and confident in their journey! Our levels are very different in that, our Class 1 classes are more advanced than other schools would consider their “level 1” because we have our introductory programs that prepare the students to go into these levels. Students may stay in the same level for multiple years because of all the factors considered in mastering each level but will continually be advancing their technique until they are physically and safely ready to move to the next level. When a student registers with us for the first time, many factors go into their placement. For this reason, all families must contact us upon registering, so we can work together to find the correct placement for each student!

## ***DRESS CODE***

Students must always be prepared for class with the proper class wear, footwear, and equipment, with hair tightly secured. Proper attire at all classes is mandatory. We follow a detailed dress code for each class that allows the instructors and students to clearly see the technical execution of all steps, ensure proper muscle usage, as well as help avoid injury and help set the mood for the class style. No extra hair accessories, jewelry, street clothes or street shoes are permitted to be worn in class. **All items necessary for class must be purchased through AIDC unless otherwise noted.** All tights, footwear and Ballet attire must be purchased through AIDC. Any dancewear (not required to be purchased through AIDC) that is purchased at local stores or internet shops **must follow AIDC dress codes.** For questions on where to find these items, our staff will be happy to help guide you in the right direction. Dancers who are not dressed properly or are missing the required equipment for class will be asked to view class that day (unless you are a new student that is waiting for their items to arrive). We thank you for understanding the cooperation needed for dance discipline. See “AIDC’s Dress for Dance!” for full details on Page 9.

## **WHAT OTHER COSTS WILL I INCUR?**

Aside from tuition which covers the cost of lessons; all families are responsible for purchasing required class wear as well as all other supplies needed to meet AIDC's dress code and class standards. ALL tights, dance shoes and ballet attire MUST be purchased through AIDC when joining our studio and must continue to be purchased through AIDC when replacements are needed. Sports bras and spandex shorts for class may be purchased at local stores as long as it meets our requirements. Any tights, socks or shoes that acquire holes must be reordered immediately. New students class wear and shoes should be purchased with your 1<sup>st</sup> months tuition. Returning Ballet students will automatically have 1 pink tights charge added to accounts with Fall registration and will receive a 2<sup>nd</sup> pair free! Returning students that level up in Ballet have their new class leotard automatically added their accounts. We participate in many local functions through the year and for these performances our dancers will purchase extra performance wear including AIDC holiday shirt, black sports bra, performance leggings which will be added to accounts in September and any other needed performance wear along with performance makeup, jewelry, and undergarments. For returning dancers, if you have already purchased these items, they will not need to be repurchased unless the current item is damaged, or a new size is needed. Our AIDC makeup kit has specific makeup that our students use for most every performance with instructional videos on how to put on the makeup and do our hairstyles! At least one costume per class will be ordered for our Spring Showcase plus a commemorative showcase t-shirt that is worn for our Opening number, Finale, and some Hip Hop dances. Costumes may also include accessories and embellishments (such as head pieces, rhinestones, tailoring, etc.), tights, socks, shoes, and props. Costumes for our Spring Showcase will be made in installments per class of \$50 for First Steps class, \$60 for Little Stars and Debut Classes, \$70 for Class 1 & 2 and Intro to Dance, and \$75 for Class 3 & 4. For families with multiple students, each additional student will receive \$10 off per costume. AIDC does not charge dancers a fee to perform in the showcase, but everyone (except performers themselves) attending the show must purchase a ticket to the show. One complimentary ticket will be given to each family. Each family will also receive a complimentary Spring Showcase video to relive the memories, any additional copies can be purchased for just \$20. There will be a separate fee for our showcase photo shoot in which you will receive all your student's class photos in costume. Thanks to our photographer we can offer these to you at an extremely affordable price. These prices will be sent out via email in April. All fees will be due on the 20<sup>th</sup> of each with tuition unless otherwise stated by staff. Our Flexibility and Leaps/Turns are extra technique classes that our students can take to help progress their training, but these classes will not perform in our shows (to show off skills learned in these classes in our showcase; make sure to get into a jazz or contemporary class!). *Please note: There are no refunds or credit on tuition, costumes, accessories, dancewear, shoes, makeup, or choreography; No exceptions. Thank you for respecting our policies.* \*There are also separate fees for students that participate in the Artistic Intensity Competition Team and workshops. We are starting our choreography now for this competitions season, so if you are interested in joining our competition company please email us for more information asap!

## **PERFORMANCES**

At Artistic Intensity we provide many opportunities for our students to perform! Not only will dancers improve technique in the classroom, but they will be constantly learning new choreography and performing throughout the season at events including the many parades (Halloween, Festival of Trees, St. Patrick's Day, 4<sup>th</sup>), shows like Festival Of Trees show, Winter Showcase, and much more!

**Winter Showcase** – To celebrate the holiday season, we will hold our 2<sup>nd</sup> annual winter showcase on December 18<sup>th</sup> this year! All classes will begin learning winter themed routines starting in October! The show will be held at Davenport Junior Theatre. Tickets will be \$10 per person (excluding performers).

**Spring Showcase** – In June, we have our 8<sup>th</sup> annual formal Spring Showcase, in which all classes prepare for as part of their weekly lessons! Each class will perform at least one piece of choreography per dance style plus our Opening number! This is the culmination of the year that gives our students the opportunity to show their talents and all of the progress they made throughout the season, put into a large theatrical production that they get to perform in beautiful costumes and learn intricate choreography to the theme that we choose each season! The showcase takes place at a North Scott High School Auditorium and tickets will be approximately \$15 pre-purchased before the show with reserved seating.

Families are responsible for transportation to and from classes, events, and performances that take place away from the studio. Photography and video recording are not allowed during any rehearsals or performances by anyone other than AIDC staff, however, a complimentary video of our Spring Showcase will be given to every AIDC family. Please remember all policies are put in place for the safety of our students and staff, and to make the audience experience pleasurable for all who are viewing. We appreciate your support in these policies.

**We hope this initial information has been beneficial in answering some of the questions you may have in starting classes with us. Please don't be overwhelmed by all the information, all of our policies are quite standard and are put in place to give our students, family, and staff the best experience during your time with us at Artistic Intensity. Further class and studio policies, updates on policies and newsletters will be presented to you throughout the season. Our staff is always available to help answer any questions you may have throughout the year. Thank you again for selecting Artistic Intensity Dance Company as your dance family!**

*Thank you,*

*Lexy Ludtke – Artistic Director/Owner*

*Lolly Ludtke – Assistant Artistic Director*

### **Important Calendar Dates**

August 29<sup>th</sup> – Artistic Intensity Fall – Spring Season 2023 begin!

September 8<sup>th</sup> – Quad City Dance Network Workshop Fees Due (Optional Open for all students)

September 5<sup>th</sup> – Labor Day (No Classes)

September 20<sup>th</sup> – TOP Dance Directive and Immerse Workshop Fees Due (Optional for Age 8 & up)

September 25<sup>th</sup> – Quad City Dance Network Workshop (Optional)

October 2<sup>nd</sup> – Talent On Parade Dance Directive Workshop (Optional)

October 9<sup>th</sup> – Immerse Artists Experience Workshop (Optional)

October 24<sup>th</sup>–27<sup>th</sup> – Halloweek at AIDC!

TBD – Davenport Halloween Parade

October 31<sup>st</sup> – Halloween (No Regular Classes)

November 11<sup>th</sup> – Veteran's Day (No Classes)

November 19<sup>th</sup> – Festival of Trees Parade

TBD – Festival of Trees Performance

November 24<sup>th</sup> – Thanksgiving (No Classes)

December 18<sup>th</sup> – Winter Showcase

December 19<sup>th</sup>–January 1<sup>st</sup>, 2023 – Winter Break

March 13<sup>th</sup>–16<sup>th</sup>, 2023 – Spring Break

May 8<sup>th</sup> – Spring Showcase tickets go on sale!

May 15<sup>th</sup>–18<sup>th</sup>, 2023 – AIDC Spirit Week!

May 22<sup>nd</sup> – 25<sup>th</sup>, 2023 – Costumes are sent home!

May 29<sup>th</sup>, 2023 – Memorial Day (No Classes)

June 1<sup>st</sup>, 2023 – AIDC Showcase Pre–Dress Rehearsal at Artistic Intensity studio from 4:30-8:30pm

June 5<sup>th</sup>, 2023 – Showcase Dress Rehearsal at North Schott High School at 5:30pm

June 6<sup>th</sup>, 2023 – Showcase Photoshoot ACT I at Artistic Intensity studio at 5:30pm

June 7<sup>th</sup>, 2023 – Showcase Photoshoot ACT II at Artistic Intensity studio at 5:30pm

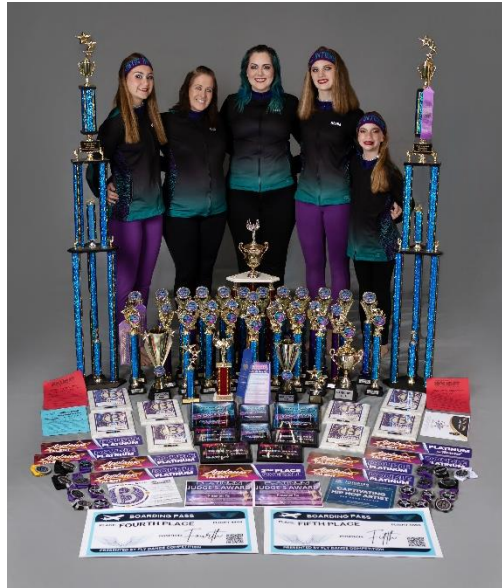
June 8<sup>th</sup>, 2023 – Final Rehearsal at Artistic Intensity Studio from 4:30-8:30pm

June 11<sup>th</sup>, 2023 – AIDC Spring Showcase 2023 at North Scott High School at 3:30pm (Dancers arrive at 2:30pm)

June 26<sup>th</sup>, 2023 – Summer Session begins!

# *Come be a part of the AIDC Competition Dance Company!*

These dancers have the opportunity to spend more time in the classroom learning and enriching their passion for dance! Company members participate in several regional competitions during the Winter – Spring season. At the end of our spring competition season, we attend Nationals where we get to compete against many other great dancers across the country and get inspired!



During the Summer season, we participate in local competitions at fairs and other fun community events and hope to qualify to compete at the Iowa State Fair in which the winners receive high cash prizes and perform live on PBS! There are also many other opportunities to perform, travel, participate in group events and attend workshops where they learn from the most highly revered choreographers and performers seen in movies, television, and on Broadway stages!

Being an AIDC competition dancer is a great tool to help dancers improve not only their technique and quality of movement but earn life skills and gain confidence. It is a wonderful learning experience for any student!!



*It's about more than just the awards.*



*It's the experience!*



# Artistic Intensity Dance Company

## Classes offered year-round:

- *First Steps (Age 2-4), Little Stars (Age 4-6), Debut Dancers (Age 7-10), Ballet/Pointe, Jazz, Tap, Hip Hop, Contemporary, Modern, Acrobatics (Tumbling), Flexibility, Leaps/Turns/Tricks*

## 6-Week Sessions:

- *Heels Class, Adult Dance, Adult Tumbling, Strength/Conditioning*

## Seasonal Classes:

- *Choreography, Improvisation, Dance History, Camps, and more!*

## Class Prices:

All monthly installments listed here are based on a 30min – 2hr class that meets once a week for the same student unless otherwise noted by staff (tax included).

### One student

1 class.....	\$38
2 classes.....	\$66
3 classes.....	\$90
4 or more classes.....	\$110
First Steps.....	\$30

### Additional Studio Pricing

Private Class per lesson (30 min).....	\$30
**Each additional 30 minutes same day.....	\$15
Classroom Rental (per hour).....	\$20
Choreography (Solo/Duet).....	See Instructors

### Adult Dance, Adult Tumbling, Heels Class

6-week classes.....	\$38
---------------------	------

## Additional Fees

\*AIDC requires a \$30 registration fee upon initial sign up for Fall classes, \$15 for each additional student same family.

- Summer registration is free for dancers who are continuing training from our Fall/Spring session!

\*For first time registers, registration and tuition will be due prior to the first full month attended.

\*All tuition and major payments will be paid through your online account unless otherwise noted by your instructor.

- The link to your online account can be found in all bill emails and on our website.

\*All Tuition is due ON the 20th of every month prior to the start of the paid month (ex: August tuition will be due on July 20th). On the 21st, a \$10 late fee will be added to accounts that have not been paid. An additional \$20 late fee will be added if it is more than 15 days late. No accounts will be carried over 60 days, dancers will be dismissed from the school.

\*A \$10 late fee will be added to all costumes, competitions, workshops, shoes, tights, makeup, etc that is paid after the due date. All late fees must be included at time of payment.

**\*If a payment needs to be made by check, there will be a \$30 charge for any returned checks.**

**\*All costs listed above are for monthly tuition payments only. This does not include other fees such as costume, dancewear, shoes, tights accessories, makeup, etc. Additional prices can be found in our dancewear section for the required shoes and dancewear and any additional items will be listed in our welcome letter and as well as emailed throughout the season.**

**\*AIDC does not currently offer refunds or credit on tuition, costumes, dancewear, shoes, tights, accessories, makeup, jewelry, private lessons and choreography. No exceptions.**

\*AIDC also offers many discounted packages for additional family members!

## Maximum rate

\*This is the maximum price paid for regular classes. This means that a dancer(s) will be allowed to take any number of classes in their level (or lower) that they choose (with staff approval), without exceeding this price. (Excluding private lessons, 6-week classes, and choreography fees).

1 dancer.....	\$110
2 dancers.....	\$190
3 dancers.....	\$270
4 dancers.....	\$350
5 dancers.....	\$430

# Artistic Intensity Dance Class Descriptions

**First Steps Dance/Tumbling (30 min)** - For ages 2-4, this class is the perfect class for our littlest boys and girls! We use sing along music and games to let our tiny dancers express themselves while learning basic dance steps as well as important skills like balance, directions, rhythm, coordination, bouncing, skipping, pointing/flexing feet, and more. We will also start building strength for beginning tumbling. All these skills are very important to build a good foundation for all styles of dance and tumbling that they will soon branch out to!

**Little Stars Dance (45 min)** - For ages 4-6, we combine fundamental Ballet technique, with Jazz movement, and Tap rhythm to get these young children on their way to grow into amazing dancers! We end the class with "free dance" where the kids get to express themselves to fun high energy music! Dancers at this level are now able to join our Little Stars Tumbling class to further their tumbling skills learned in Creative Movement.

**Little Stars Tumbling (45 min)** - For ages 4-6, this is our introduction to Tumbling where students will learn basic body positions, balance, coordination, muscle support and basic Tumbling skills.

**Debut Dance (1h 30min)** - For ages 7-10, this program includes Ballet, Jazz and Tap. This class is perfect for our young dancers to help them transition into our leveled classes. It will give you all the necessary fundamentals taught in our First Steps class and Little Stars class as well as preparing them for the individual leveled classes that move at a more mature pace.

**Debut Tumbling (45 min)** - For ages 7-10, this class will help students improve on the basics and start to advance their skills to prepare them to enter our full-length Acrobatics class.

**Intro to Dance (1h 30min)** - For our beginners ages 11-17, this program is an intro to Ballet, Jazz and Tap. This class is for our tween and teen dancers with little or no previous technical experience to prepare them to move into our leveled classes.

**Ballet/Pointe (45 min - 2 hrs)** - Focusing on balance, strength, posture and more, Ballet builds a strong foundation and technique which helps all styles of dance and is very important in becoming a strong well-rounded dancer. We train all dancers through the Vaganova Ballet techniques. Intermediate and Advanced dancers (generally Class 2 and up) will train in Pointe. Class 1 & 2 dancers will begin Pre-Pointe training.

**Jazz (45 min)** - Leaps, turns, kicks, and body movement is the focus of this class, along with learning many varieties of jazz styles including Classic, Street, Fosse, Broadway, Pop and other trending styles of today!

**Tap (45 min)** - Dancers will learn Broadway, Contemporary and Street style Tap dance focusing on rhythm, timing, technique and agility. We strive to teach our dancers that there is so much more to Tap than just making noise with their feet, this class is a style of its' own originating from a street dance to becoming so much more!

**Hip Hop (30 min)** - In this street style of dance, we teach popping, locking, isolations, freestyle, breaking and commercial style as you have seen from the originators of this style as well as pop artists today. \*Beginners age 9 and under must also take Jazz.

**Contemporary (30 min)** - This dance style is a mash up of Ballet, Modern, Lyrical and jazz movements created to use the body in fluid movements to tell a story through music.

**Modern (45 min)** - Dancers express themselves through abstract movement retaining Ballet technique but expanding upon it to explore the world of total body movement through creative expression. Currently, we are teaching our students the Lester Horton and Martha Graham techniques of Modern dance. \*Must be at least 10 years old and currently enrolled in Ballet.

**Acrobatics (45 min - 2hrs)** - Combining acrobatics, power tumbling and contortion; we learn muscle building, hand balancing, flexibility and maintain safety while learning exciting tricks and flips. Whether your goal is future cheerleader, gymnast, circus acrobat or Cirque De Soleil performer, you will learn everything you need to know in our comprehensive program! We follow industry guidelines on progressions in each level to maintain the utmost importance in safety!

**Flexibility (30 min - 45 min)** - Dancers improve flexibility using basic and advanced stretching techniques. This is achieved through learning stretching/strengthening exercises with blocks, stretch bands, partner work, kicks, splits, and extensions.

**Leaps & Turns (30min - 45 min)** - This class is for those who want to work extra to improve their skills. We improve on the basics and progress to more advanced leaps, turns, floor work, and learning how to transition through technical elements!

**Heels Class (30min-1hr - 6-week sessions)** - Get your high heels on and come dance! With classes for teens and adults, this class will leave you feeling confident and empowered while improving posture and balance in an inclusive environment! Whether you are a teen who wants to learn how to dance in heels for social events or an adult that wants to get your sexy back, we will offer many different styles from Broadway to Beyonce for you to enjoy!

**Adult Dance (1 hr - 6-week sessions)** - This class is for everyone age 18-100! Whether it be continuing your love for dance or learning for the first time, this class provides an enjoyable workout for all! We combine a Ballet barre workout, Jazz movement, and Tap rhythm to make one great class! We also throw in some Contemporary and Hip Hop now and then to mix things up!

**Adult Tumbling (30 min-1hr - 6-week sessions)** - Specifically designed for Adults, this class concentrates on a calisthenic and cardio workout, balance and mobility, which will help you transition into learning acrobatic progressions. No previous experience required, this class starts light in the first week and gradually progressing throughout the session.

**Strength/Conditioning (30 min-1 hr - 6-week sessions)** - Open to ages 10 and up, this is a high energy class with a nonstop workout designed to build muscle and stamina.

**Dance History (Seasonal)** - We feel it's important for dancers to know where the art they love started. In this class we learn about the origin, famous dancers, watch movies/musicals and teach dance styles from different cultures and eras!



# AIDC Dress for Dance!

Class wear must fit TIGHTLY to the body; this is very important to ensure correct body placement and prevent injury. Spandex Fabrics only. **UNDERGARMENTS (if worn) MUST NOT SHOW from out of dancewear or under tights.** Short thin socks should be worn with all shoes except Ballet shoes of which pink tights will be worn instead. Hair must be pulled back tightly into one high ponytail (with a bun for ballet) using **AT LEAST 2** thick hair ties, bobby pins, and hairspray. Not only is it highly important to have a polished look and be prepared for training, but this will also help prevent issues and injury during turns and tricks. **No hair accessories, earrings, jewelry, etc. can be worn during class.** Fingernails must stay short for safety purposes. Proper hygiene is always a must! Dancers not wearing proper hair and attire will be asked to view class only. All items with prices listed next to them are **REQUIRED** to be purchased through Artistic Intensity, other items can be purchased at local stores or through our seasonal AIDC dancewear book. Thank you for respecting our policies!

## First Steps Dance/Tumbling

Females – Light Purple leotard (\$18) and Skin-colored tights (\$10)

Shoes - None

Males – White Tank Top and Black gym shorts

- Shoes - None

## Little Stars

Females – Purple leotard (\$20) and Skin-colored tights (\$10)

- Shoes - Black Mary Jane tap shoes (\$26). Pink Ballet shoes (\$20)

Males – White Tank Top and Black gym shorts

- Shoes - Black slip-on Tap shoes (\$30). Skin-colored Ballet shoes (\$20)

## Debut Dancers and Intro To Dance

Females – Emerald leotard (\$20), Black Dance Shorts (\$14), and Pink tights (\$10)

- Shoes – Black slip-on tap shoes (\$30). Black slip-on Jazz shoes (\$28). Pink Ballet shoes (\$20)

Males – White Tank Top and Black gym shorts

- Shoes – Black slip-on Tap shoes (\$30). Black slip-on Jazz shoes (\$28). Skin-colored Ballet shoes (\$20)

## Ballet/Pointe

Females – Class level leotard (\$20) and convertible pink tights (\$10). Add black wrap skirt for Pointe (\$20).

- Shoes – Pink Ballet shoes (\$20). Add Pointe shoes for Pointe section (\$100 including accessories).
- Equipment – All students must have a long resistance band (\$10) and massage ball (\$10).

Males – White tank top (\$26) and Black ballet shorts for Level 1 & 2(\$26). Black leggings for Level 3 & Up (\$40).

- Shoes – Skin-colored Ballet shoes (\$20)
- Equipment – All students must have a long resistance band (\$10) and massage ball (\$10).

## Jazz/Leaps&Turns/Tap

Females – Sports bra and spandex dance shorts (Leggings or Joggers are also acceptable for Tap)

- Shoes – Black slip-on jazz shoes (\$28) for Jazz and Leaps/Turns. Black slip-on tap shoes (Level 1 - \$30, Level 2 & Up - \$95) for Tap.

Males – Tank top and either dance shorts or fitted gym shorts. Biketards also accepted.

- Shoes – Black slip-on jazz shoes (\$28) for Jazz and Leaps/Turns. Black slip-on tap shoes (Debut & Class 1 - \$30, Class 2 & Up - \$80).

## Hip Hop

Females – T-shirt with sports bra and sweatpants with spandex dance shorts, or leggings, or joggers (shoulders and knees must be covered)

- Shoes – Black sequin hi-top sneakers (\$32)

Males – T-shirt and Sweatpants with gym shorts or joggers (shoulders and knees must be covered)

- Shoes – Black sequin hi-tops sneakers (\$32)

## Acrobatics/Contemporary/Modern/Flexibility

Females – Sports bra and spandex dance shorts

- Shoes: None
- Equipment – All Acrobatics and Flexibility students must have a long resistance band (\$10).
- Students may also be asked to use wrist and/or ankle weights for Acrobatics in level 2 and up

Males – Tank top and either dance shorts or fitted gym shorts. Biketards also accepted.

- Shoes – None
- Equipment – All Acrobatics and Flexibility students must have a long resistance band (\$10).
- Students may also be asked to use wrist and/or ankle weights for Acrobatics in level 2 and up.

## Strength/Conditioning/Adult Dance/Adult Tumbling/Heels Class

Females & Males – Comfortable workout clothes or dancewear

- Shoes - Gym Shoes (i.e. runners or trainers like Nike, Adidas, New Balance, etc.)
  - High-heeled shoes. If you are new to dancing in heels it's best to wear high heel booties with a thick heel that you can walk in.
  - Black tap shoes (\$30) and black jazz shoes (\$28) \*Not required but encouraged\* or Gym Shoes also acceptable For Adult Dance
  - No Shoes for Adult Tumbling

# *Artistic Intensity Studio Guidelines*

**\*\*Students should be prepared for your class on time. Students must wear proper dancewear and shoes to each class. Hair must be securely fastened back as per dress code. No Exceptions. Students will be asked to view class only if they are not dressed properly with all proper equipment. (See AIDC Dress For Dance!)**

**\*\*Students arriving more than 15 minutes late will be asked to view that class only for that day.**

**\*\*Please put your shoes on the rack and hang up jackets. Dance bags should be brought into the dance room, all other bags should be left neatly in the lobby. No street shoes in the dance rooms. All bags must be kept organized in the classroom.**

**\*\*Absolutely no running, tumbling, yelling or roughhousing in the lobby. Please keep noise level low to be respectful of classes and the other businesses in the building.**

**\*\*No phones or other electronics allowed during class. All electronic devices should be kept at home or turned off until class is over. In case of emergency during class, parents may contact staff via call or text to the studio phone at (563) 726-9924.**

**\*\*Only studio staff is allowed behind the lobby front desk and in staff chairs.**

**\*\*No open food or drinks allowed in the studio room or on any of our displays. Water bottles only must be brought into the classroom. Students will not be allowed to leave the room during class for any reason other than using the restroom.**

**\*\*Please try to use the restroom before and between classes only.**

**\*\*Please do not send your child in to the classroom before their class time begins.**

**\*\*Sometimes classes may run over time a bit, please be patient, we will send your child out when they are dismissed.**

**\*\*If the previous class is still in session, students may enter the room when their class time begins and find a place in a corner of the room to warm up, quietly.**

**\*\*Parents may enter the studio room after classes only, if necessary. Please make your visits brief without disrupting the class.**

**\*\*All students and parents must clean up after themselves. Do not touch mirrors and equipment, unless you are asked to. Please refrain from vandalism and inappropriate language, conversations and actions. This behavior will NOT be tolerated.**

**\*\*Lost/found items are in a marked purple tub, all items not claimed at the end of the month will be disposed.**

**\*\*We appreciate enthusiasm, but please leave teaching to the instructors (though we encourage parent support in initiating practice at home).**

**\*\*If the teacher is speaking, please engage by listening. Conversation with others during class is unacceptable unless the instructor allows it during a specific time. You will be given a warning and if the problem persists you will be asked to sit down. Any dancer or parent that becomes disruptive will be asked to leave the room.**

**\*\*Physical confrontation and bullying will NOT be allowed. Any dancer or family involved in these issues will be asked to leave for the day and have a discussion to resolve the problem. If there is no resolution, they will be dismissed from the studio.**

**\*\*ALL fees must be paid on time to participate. AIDC will not cover any costs. Late fees will be assessed for all late payments and must be paid along with the original fee.**

**\*\*No refunds on tuition, extra fees, costumes, dancewear, makeup, jewelry, tights, shoes, accessories and choreography.**

*Please remember these guidelines are all set in place to enhance the learning experience. We appreciate your support, loyalty, and cooperation with our guidelines.*

*Thank you!*

# *Artistic Intensity Fall 2022 – Spring 2023 Class Schedule*

## Monday – Room 1

5:30-7:00pm – Ballet/Pointe Class 3 & 4  
7:00-7:45pm – Jazz Class 3 & 4  
7:45-8:30pm – Tap Class 3 & 4

## Monday – Room 2

5:00-5:30pm – First Steps Dance/Tumbling  
6:00-7:30pm – Intro to Dance (Age 11 - 18)

## Tuesday – Room 1

10:00-10:30 – First Steps 6-weeks  
10:30-11:15am – Little Stars Dance  
11:15-12:00pm – Little Stars Tumbling  
4:30-6:00pm – Ballet Class 2  
6:00-6:45pm – Jazz Class 2  
6:45-7:30pm – Tap Class 2  
7:30-8:00pm – Hip Hop Class 2  
8:00-8:30pm – Contemporary Class 2

## Tuesday – Room 2

4:30-5:30pm – Ballet Class 1  
5:30-6:15pm – Jazz Class 1  
6:15-7:00pm – Tap Class 1  
7:00-7:30pm – Contemporary Class 1  
7:30-8:00pm – Hip Hop Class 1

## Wednesday – Room 1

4:00-4:30pm – Leaps/Turns Class 1 & 2  
4:30-5:00pm – Flexibility Class 1 & 2  
5:00-6:00pm – Acrobatics Class 1  
6:00-7:45pm – Competition Company All Levels  
7:45-8:15pm – Hip Hop Class 3 & 4  
8:15-8:45pm – Contemporary Class 3 & 4

## Wednesday – Room 2

5:30-6:15 – Little Stars Dance  
6:15-7:00pm – Little Stars Tumbling

## Thursday – Room 1

4:30-5:00pm – Leaps/Turns Class 3 & 4  
5:00-5:30pm – Flexibility Class 3 & 4  
5:30-7:00pm – Acrobatics Class 2 – 4  
7:00-7:45pm – Modern All Levels  
7:45-8:45pm – Competition Company Class 3 – 4

## Thursday – Room 2

5:30-7:00pm – Debut Dance  
7:00-7:45pm – Debut Tumbling  
7:45-8:45pm – Adult Classes (6-week sessions)



**Quad City**

*Dance Network*

**FALL WORKSHOP**

**SUNDAY, SEPTEMBER 25**

*Waterfront Convention Center*

Bettendorf, Iowa \$55 ages 6 & up

# Parent Release Form

\*\*\*\*Please sign these forms via your online account, all forms must be signed to participate\*\*\*\*

I, the below signed, on behalf of the parties registered, release ARTISTIC INTENSITY DANCE COMPANY, its owners, directors, employees, and independent contractors from any and all claims, damages, liability for injury sustained by parties/students indicated herein, loss of service, and causes of action of any kind including negligence or its future negligence which may occur while under the supervision of the agents of ARTISTIC INTENSITY DANCE COMPANY, participating in any activity connected with ARTISTIC INTENSITY DANCE COMPANY and while parties are on or on route to or from the premises of ARTISTIC INTENSITY DANCE COMPANY.

\*\*\*\*\*

I, the below signed, on behalf of the parties registered, give ARTISTIC INTENSITY DANCE COMPANY permission to use any photos and/or videos for advertising, TV, website, news coverage, or other social media outlets, of any ARTISTIC INTENSITY DANCE COMPANY performances. Furthermore I, the below signed, on behalf of the parties registered and family, agree not to share videos with any TV, website, or other social media outlets, of any ARTISTIC INTENSITY DANCE COMPANY performances. ARTISTIC INTENSITY DANCE COMPANY will post videos and pictures to our official YouTube, Instagram and Facebook page at the end of each season.

\*\*\*\*\*

I have read the ARTISTIC INTENSITY DANCE COMPANY Fall Welcome Letter in its entirety and understand its contents. I agree to follow the guidelines set forth in this document. Furthermore, I understand and agree to the time and financial commitment I am making to allow my child to participate in classes and performance at ARTISTIC INTENSITY DANCE COMPANY and fully understand that failure to meet said commitments may lead to dismissal from the dance school.